



Estd : 1989
NCISM College Code : AYU0153
MUHS College Code : 124101

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छत्रपती शाहू महाराज शिक्षण संस्था संघलित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



1 JUNE 2024 - 31 May 2025

Title

Yoga Practice for physical, mental, emotional and spiritual wellbeing.

Objectives

1. To promote sensitization and awareness of physical and mental health.
2. To prepare students for National and International yoga Competition and encourage them for rank achievement.

The Context

Since the year 2015, June 21st is celebrated as the International Yoga Day all over the world.

At the physical level, Yoga comprise yogasan that keep the body healthy. The breathing exercise or 'Pranayam' Meditation that is 'Dhyana' at mental level to discipline the body.

Yoga practice maintained fitness, Flexibility, weight loss.

Yoga asanas build strength and confidence. Regular practices of yoga can help to relive stress, improve immunity, maintain a healthier lifestyle.

The Practice

Daily regular yoga practice for student & other clinical, non clinical staff of college.

Every year, student's participate in yoga competition nationally, Inter-nationally. Institute does provide expenses and sponsorship to attain yoga competition.

Evidence of Success

Celebration of 10th International Yoga Day was done on 21st June 2024.

College students received medals & certificate in national & international level of yoga competition.

Yoga is like shield against many diseases & health disorders.

Problems encountered

Lack of attendance of students.



Dee Shukla

Principal

Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajinagar

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आमऔ/ 1114/ 2024

दि.21.06.2024

प्रति,
मा.संचालक आयुष,
आयुष संचालनालय, महाराष्ट्र राज्य,
मुंबई.

विषय: दिनांक 21 जून 2024 आंतरराष्ट्रीय योग दिन साजरा केल्याबद्दल अहवाल सादर करणेबाबत.
संदर्भ: मा. सचिव, आयुष मंत्रालय, भारत सरकार, नवी दिल्ली, यांचे पत्र क्र.D.O.No.M-
16011/27/2024-YN दि.11.06.2024

मा.महोदय,

उपरोक्त संदर्भाकित पत्राच्या अनुषंगाने दिनांक 21 जून 2024 आंतरराष्ट्रीय योग दिनानिमित्त आमच्या महाविद्यालयाने घेतलेल्या विविध कार्यक्रमांचा अहवाल खालील प्रमाणे सादर करीत आहे.
महाविद्यालयाचे नाव: छत्रपती शाहू महाराज शिक्षण संस्था संचालित आयुर्वेद महाविद्यालय व रुग्णालय, कांचनवाडी,
छत्रपती संभाजी नगर.

अ.क्र.	कार्यक्रम	दिनांक	तपशील	छायाचित्र क्रमांक
1.	योग अभ्यास वर्ग	13 जून ते 20 जून 2024	सरासरी सहभागी संख्या: 50-60 प्रति दिन	01
2.	अतिथी व्याख्यान	14 जून 2024	वक्ता: श्री गंगाप्रसाद खरात विषय: योगाद्वारे मानसिक तणाव मुक्ती सरासरी सहभागी संख्या: 120	02
3.	निबंध स्पर्धा व घोषवाक्य स्पर्धा	15 जून 2024	स्पर्धक संख्या: 24 विजेत्यांची नावे: 1. निकिता डाले 2. दीप्ती शिंदे	03
4.	चलचित्र स्पर्धा	17 जून 2024	स्पर्धक संख्या: 09 विजेत्यांची नावे: 1. वैभव कुंजर 2. नेहा धामणे	--



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Ayurved Mahavidyalaya & Rugnalaya,
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5	योगासनांच्या फलकांचे प्रदर्शन व स्पर्धा	18 जुन 2024	विजेत्यांची नावे: 1. अनुष्का आमले, भारती जाधव 2. राधिका देशमुख, जयश्री जगताप सहभागी संख्या: 25-30	04 & 05
6	व्याख्यान	19 जुन 2024	विषय: गर्भिणी करिता योगासने सहभागी संख्या: 15-20	06
7	कांचनवाडी येथे योग दिंडी	20 जुन 2024	सहभागी संख्या: 400	07 & 08
8	आंतरराष्ट्रीय योग दिन सामूहिक योगाभ्यास कांचनवाडी.	21 जुन 2024	सहभागी संख्या: 500	09 & 10

आपला विश्वास

Principals

प्रचार्य

Chhatrapati Shahu Maharaj Shikshan Sanstha's
आयुर्वेद महाविद्यालय व रुग्णालय
Kanchanwadi, Chhatrapati Sambhajanagar.

प्रत: वैद्य. पी.वि. कोटलवार, औरंगाबाद परिक्षेत्र समन्वयक,
शासकीय आयुर्वेद महाविद्यालय, धाराशिव.

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10th International Yoga Day Celebration 21 June 2024



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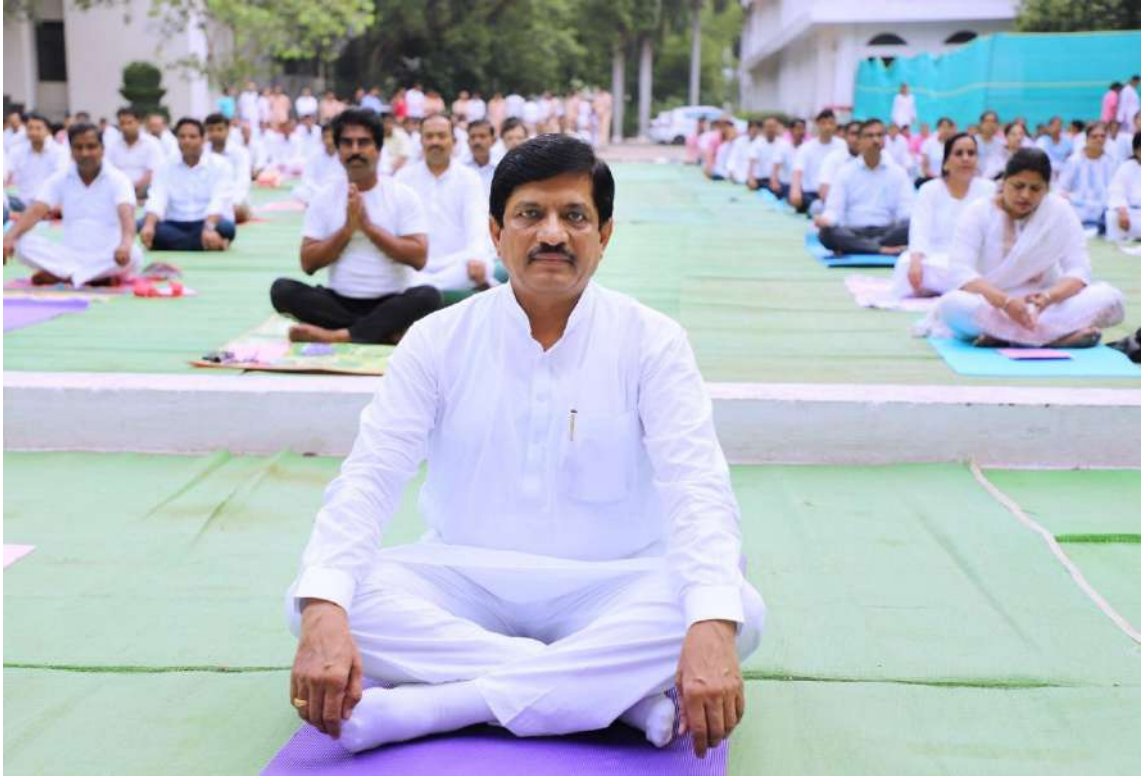
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